



RHYME 'N' REASON

Funnyman John Hegley muses on poems, potatoes and baby hecklers

Inside



Concern over closures at Wharf's Tube counters

Ticket office chaos ahead of Olympics

Rob.Virtue
@wharf.co.uk

Transport bosses have been criticised after a series of ticket office closures at Canary Wharf, one of London's busiest Underground stations.

London Assembly member John Biggs said he had received regular complaints about the issue, which Mayor Boris Johnson, chairman of Transport for London, explained away as "staff sickness".

However, coming after the decision by TfL to shut the counters at Canary Wharf East last year and reduce the



west office opening by two hours each day, critics, including union officials, are blaming staff cuts.

Mr Biggs, who represents City and East, said: "At a station like Canary Wharf, which is busy with lots of tourists, people need to get to the window to buy a ticket.

"But often, even at busy times, they've been shut, which just isn't good enough.

Continued on Page 3



KAY LOCKETT

Gearing up for a classic

Rain gathered into globules on the highly-polished bodywork of new and classic cars as the Motorexpo opened this week. But the sun arrived by Wednesday turning the Wharf into a glinting fantasy parking lot visited by thousands of drooling petrolheads. [Our top cars / Pages 4-5](#)

£500



vouchers to be won

P7



Father's Day

Only military training prepared me for the rigours of children

P50

BUSINESS TRAVEL We go off the beaten track to find the core of the Big Apple **P48-49**



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WEATHER

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Showers

18C SUNDAY
Showers

18C MONDAY
Showers



TRAVEL

TUBE & DLR
Jubilee line is fine. DLR is closed between Island Gardens and Canary Wharf all weekend.

ROADS
Blackwall Tunnel shut southbound on Sundays from 1am to 8am. East India Dock Tunnel shut both directions from 10pm Sunday until 5am Monday.

Don't even
THINK of going
home until
4.30pm
when you can
check our
daily travel
update

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ESTABLISHED 1998

Agenda

Give me some kind of advance warning

I hate it when you don't hear back from a man about meeting up. I don't mean boyfriends, potential or otherwise, I have a husband. I control his diary. Easy.

Inconsiderate male mates bother me. You've both agreed it's time to catch up, a date has been suggested and nothing. No text, no email, no nothing. It's like they drop off the face of Planet Communication.

I'm not a patient person. I like to know what I'm doing more than a couple of hours beforehand. I like to plan. My calendar's booked up. I'm not popular, just anal.

My female friends play the game.

BLONDE'S EYE VIEW



ANGELA
CLARKE

They respond, book in dates, times and locations. They understand. Male mates drive me insane.

Boys don't appreciate that women need to know where they are going in advance. Well I do anyway.

Want to send me into apoplexies of panic? Give me 30 minutes' notice. I need to plan my outfit. Will there be somewhere to sit? Do I need walking, dancing or only transportable-in-taxi shoes? Will it be hot or cold? Should I bring a coat a cardi or a top usually reserved for the beach?

I still mourn the nights ruined by the lack of a cloakroom for the small suitcase I call my handbag.

With adequate warning I could have packed light. It would have all been so different with a clutch.

My slack male mates with their casual approach to social plans are no match for my tenacity. I hunt them down. Bombard them with texts, emails, Facebook updates and tweets. I call their wives, girlfriends and secretaries. I am a woman possessed of a diary and I'm not afraid to use it.

Thank goodness I'm not waiting to hear back from potential shags. I'd sound every bunny-boiling alarm bell there is.

Follow Angela on twitter here:
@TheAngelaClarke

Reuters' view



Smoke fills the air over a small barn turning the sky orange as the High Park Fire burns near Laporte, Colorado

A week
in photos
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60 Second Wharf

Keep engines running

We pick out some of the highlights of this year's Motorexpo so you don't spend too long in the rain.

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Making homes count

An Isle of Dogs charity worker is pressing the case for children who grow up in unsettled homes.

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Ironing out the stress

Stressed? Then practising the ancient art of Qigong by the dockside may be the answer, says former DJ.

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Attack victim dies

A man who was dragged on to the street of a Royal Docks estate has died, police have confirmed.

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Exploits of a hero

The granddaughter of one of Britain's greatest heroes has launched an expedition to recreate his adventure.

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Back to school

A new version of Alan Bennett's *The History Boys* asks questions about the purpose of education.

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Dinner and a movie
sorted with our film
competition **P53**

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Email newsdesk@wharf.co.uk

Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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Biggs blames cutbacks for poor service

From Page One

"If you have railway staff who are ill you need to provide cover for that. It reflects badly on London, especially with the Olympics round the corner."

Opening times are currently between 6am and 10.15pm on weekdays. However, Mr Biggs said often the desks were still closed two hours after they should open and were then shut early, while at other times there would just be one counter open.

Mayor Johnson said: "Staff are always available in the ticket hall to assist customers with purchasing tickets from the automatic machines."

"I have asked TfL to look into these specific incidents, which were due to staff sickness. I am assured that these have now been resolved."

However, Mr Biggs added: "Management are bang to rights on this. They've made efficiency savings and I'm not saying all stations have suffered but Canary Wharf definitely has."

The news was also condemned by the RMT union, which puts the blame at the door of Boris Johnson for recent cuts to customer service roles.

RMT general secretary Bob Crow said: "It's more evidence of the real impact of the whole station staffing cuts programme Boris is pushing through. It doesn't look good for the Olympics."

"There's a desperate shortage of staff and this is one of the most highly pressured stations during the Olympic period. If you've not got staff there will be severe problems."

Tesco recruits 20 for new store

A NEW Tesco Express store opening in Marsh Wall has received 80 applications for 20 new jobs.

Tesco recruited staff from the area to "bring a community feel to the store".

Store manager Stephen Donnelly said: "I was thrilled by the response we received to our recruitment drive. It is great that we are able to create jobs for our local community and help get people back into work."

My ambition to see brave son stand tall

PEOPLE

Dad embarks on cycling challenge to raise money for op

Rob.Virtue
@wharf.co.uk

Every parent has dreams for their child. For Steve Wells, an IT worker at Barclays for the past seven years, it's not about his son Christian becoming a doctor or an Olympic athlete.

With moderate to severe cerebral palsy Christian can't stand tall without the use of a frame and Steve just wants him to be able to walk unaided.

The two-year-old currently has to endure intensive physio every day and a 100 mile journey every other day for oxygen treatment.

"Christian is a happy boy and is just used to it," said Steve, who is 40. "We want him to get help now, however, so it lessens the psychological impact as he gets older and he realises he can't do the things others can do."

"Currently he can crawl around but we'd love him to be able to stand up at school and get from one end of the playground to the other with all the other kids."

The help that Steve and his wife have identified is pioneering surgery at Missouri in the US.

It involves a process which sees "bad" nerves destroyed, leaving the "good" ones in place, allowing for the correct messages to be sent to the legs and enabling Christian, who was born 12 weeks premature, to walk.

Steve said: "We've got a lot of hope in this. Looking at the statistics of operations, there's a high success rate."

However, it involves raising £60,000 for the operation, which his parents hope will take place in October, and Steve is asking the Canary Wharf community to help.

Along with fellow members of his cycling club in Sidcup, Steve is travelling by bike from Canary Wharf



Dad Steve Wells is embarking on a cycling challenge for Christian

W What are your hopes for Christian?

"We'd love Christian to be able to stand up at school and get from one end of the playground to the other with all the other kids."

Steve Wells
Christian's dad

to Deal overnight to raise some of the cash on July 14.

The 87 mile route should take around six hours and is being run at night so there is less traffic on the roads to increase speed and safety.

"If people want to donate, or even join us on this trip that would be great," said Steve.

"A lot of people want to help, especially when they compare their children to Christian, and we're very grateful."

Go to justgiving.com/Christian2Walk.

Event

Cheryl puts O2 on her tour schedule

POP icon Cheryl Cole will be performing at The O2 on October 7 as part of her first solo nationwide arena tour.



The star, who released her single *Call My Name* this week, will be singing hits from her album, *A Million Lights*, which goes on sale next Monday.

Tickets for The O2 show will go on sale at 9am on Friday. Prices are £40 and £35. Go to livenation.co.uk or ticketmaster.co.uk.

Event

School to welcome pupils and families

BISHOP Challoner School in Tower Hamlets has invited pupils past, present – and future – to pitch up to its family fun day on Saturday.

Parent liaison officer Chris Cowie said: "We hope the Fun Day will bring people together."

Proceeds from the day will go to the school's Tanzanian School Fund, part of the London Olympics 2012 Legacy pledge, which has seen exchange visits to Ruvumba Secondary School.



Crime

Police release CCTV footage of suspect

POLICE have released an image of a man wanted for two sexual assaults in the Royal Docks over the last year.

The suspect struck in both June and October attacking women walking home alone. He was caught on CCTV with another man following him who is believed to be an associate.

Those with information should call 020 8345 9862.



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News

MASERATI

Maserati's **GranTurismo** has been around for some years now, but it remains the most charismatic grand tourer available for less than six figures.

Just sitting in this car makes you grin, and when you hear the V8 howling at you as you gain speed it becomes very hard indeed to make yourself slow down.

A lack of ergonomic design shows through in the cabin (Maserati apparently consider my legs to be the wrong shape), but



this is a car to enjoy as a steed, not use as a tool.

■ Maserati GranTurismo S, from £92,360, 0-60: 4.7 seconds, top speed: 188mph.

Edward Hamer
★★★★☆

TESLA

Tesla Motors continues to dominate the more exciting end of the electric car market, and still has a few of its **Roadsters** left to sell before launching a new range.

On my test drive, which took us off the Wharf in the direction of Excel, the performance was instant, effortless and near-silent.

The chassis and steering gear (which share parts with the Lotus Elise) combine sharp handling with a surprisingly compliant ride.

If you can get your hands on this



future classic before they sell out, do so.

■ Tesla Roadster S, £91,633, 0-60: 3.7 seconds, top speed: limited to 125mph.

EH
★★★★★

Showcase blends old and new

RAIN set the tone for the Motorexpo as the estate blossomed with more than 250 vehicles and heavily branded umbrellas on Monday.

Plastic walkways had to be hastily constructed to prevent Wharfers sinking into the waterlogged grass of Canada Square. But the sun appeared on Wednesday drawing



The new Mercedes A-Class on display thousands away from their desks to gawp at the glistening paintwork on show in the fresh air.

The Motorexpo will be in place until Sunday, so there's plenty of time to see everything on display and arrange a test drive. We've taken some of the cars out for a spin to give you some idea of what's on offer.

Go to motorexpo.co.uk.

MERCEDES



Despite being a sizeable beast of a 4x4, the **ML350 BlueTEC** felt pretty nimble on the crushed up roads of the Isle of Dogs.

A commanding place to sit, the driving seat of this bristles with techno stalks and buttons. The salesman was keen on its off-road credentials, but who's he kidding?

This is a car to buy if you've had a few too many kids and need something substantial for the school run.

■ Mercedes ML350 BlueTEC, from £48,490, 0-60: 7.4 seconds, top speed: 139mph.

Jon Massey
★★★★☆



Above, H&H Auctions is displaying rare classic cars in the East Wintergarden
Below, Land Rover has taken over Jubilee Park and Montgomery Square

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News

PICTURES KAY LOCKETT

VAUXHALL

Vauxhall's **Ampera**, which overcomes the limited range of electric vehicles by employing a petrol-driven generator, felt stable and responsive on our test.

It looks good, will go for 330 miles and offers astonishing mpg figures. However, despite being a very attractive package inside and out it still doesn't break the link to fossil fuels for longer journeys.

Consequently while certainly an improvement, it's not



yet a true eco-hero.

■ **Vauxhall Ampera**, from £37,250, 0-60: 9 seconds, top speed: 100mph.

JM

★★★★☆

KIA

The new **C'eed** should cause concern over at Volkswagen.

The exterior tries too hard to look edgy, and can't match the Golf's classless appeal, but the interior is plush, comfortable, and boasts any number of entertaining fripperies.

The 1.6 petrol engine provides ample power for town driving, and is startlingly smooth.

It's not cheap, but the seven-year warranty should help tempt buyers away from the more conventional



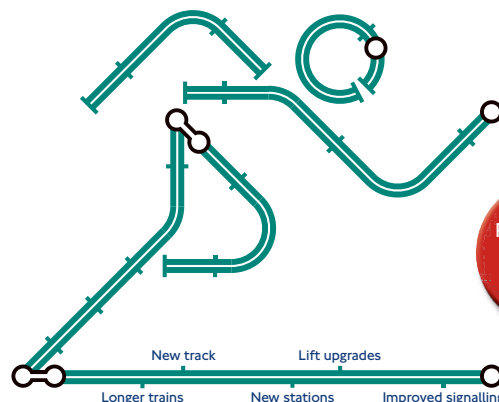
hatchback alternatives.

■ **Kia C'eed 1.6 GDI**, from £17,195, 0-60: 10.4 seconds, top speed: 121mph.

EH

★★★★☆

At the finishing line



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*The 7 monthly draws (first day of month, June-Dec 2012) are open to over 18s and residents of mainland Britain only.

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Father's Day / P50

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The Q Club Ambassadors -
Mark Cueto & Alastair Cook

News

Battling to give children a break

Charity aims to look beyond care home misery

Rob.Virtue
@wharf.co.uk

In an era where the headlines couldn't look bleaker for the capital's youth, one charity is trying to help make the outlook a little brighter.

The Child Concern Consortium, based in Pepper Street on the Isle of Dogs, is a group that raises money for youth projects including many in east London.

With the economic downturn hitting the poverty-stricken and unemployment growing, the charity has its hands full.

But the most pressing issue for CCC's Jayne Springer, who has lived on the Island for 30 years, is for those in the area who have no parents.

"Tower Hamlets has such a high number of adoption and fostering because it's such a poor borough, which you



Drive: Jayne Springer

wouldn't believe seeing as it's on the doorstep of Canary Wharf," said Jayne.

"With social problems and poverty comes broken homes and it often leads to children going into care.

"Yet, even though there's a large amount of foster and adoption parents in the borough, there's still a huge shortage."

The CCC is an umbrella organisation for five different charities: 4Children, Working Family, Action For Sick Children, British Adoption and Fostering, and The Fostering Network.

All money made by the organisation is shared and Jayne's priority is to get on the payroll-giving schemes of companies such as those based at Canary Wharf.

"The charities couldn't afford to have their own payroll-giving person so that's how this started. What people like is your gift goes to help five different children's charities, and even though we are national, much of the money goes to Tower Hamlets," she said.

"The problem is not many people have heard of us. If you type children's charity and E14 into Google we're on page five with national groups like the NSPCC is at the top. But Wharf firms like Barclays, Clifford Chance and Waitrose all have payroll giving schemes, the challenge is getting on them."

Go to childconcernconsortium.org.uk.

Are you planning to go to university this September?
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London City Airport will provide the recipients of the University Prize Scheme with financial assistance, business mentors, work placements and additional training throughout their degrees.

To request an application pack or for any queries, please contact Anthony Angol, Community Relations Executive on 020 7646 0200 or email anthony.angol@londoncityairport.com

The closing date for all applications is Friday 29 June 2012.

The London City Airport University Prize Scheme is part of the Airport's Education Excellence Programme.

For more information, please visit www.londoncityairport.com.



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Why docks are perfect setting to ease stress

PEOPLE

Rob Virtue
@wharf.co.uk

IS it the lengthy commute or the work piling up on your desk that's stressing you out?

Well, practising the ancient martial art of Qigong in the calm surroundings of the middle of a dock could be the answer to your problems.

Lee Berwick, a 50-year-old former international dance DJ, runs classes on board the Docklands Community Boat opposite Excel.

The instructor, who usually works in Greenwich and Dulwich in south London, said Qigong, which has similarities with Tai Chi, was a great stress reliever and he believed he had found the perfect spot for it.

"Operating mainly in south London if I was normally asked to do a class in the East End I'd be in two minds but I met Simon Myers [founder of the community boat] and was instantly intrigued," said Lee. "Moored here with eight metres of water below us is perfect."

"In Qigong you get energy from the world around you and get rid of stale energy out of you and into the world below."



Lee Berwick, 50, uses the calm setting of the Royal Docks to hold his Qigong classes for City workers

"The ideal position would be in a forest surrounded by trees but here on a vast body of water is fantastic."

So impressed by the new venue, Lee's regular customers are driving from south of the river for sessions on the boat. Now Lee wants to encourage City workers to give it a go.

"This is an opportunity for people to relax, unwind and recharge after a busy day at work and to learn some

techniques to help them gather their energy at any time," he said.

As well as battling stress, Lee said Qigong was also viewed as a form of health care in China. There are even hospitals there that use the martial art to treat cancer.

And it was health issues which got Lee practising Qigong.

"I'd been travelling in the '80s and had picked up a liver condition in

the Himalayas. I took to this to get it under control and now I'm so much better. I run, I cycle and I've got masses of energy."

"When I was a DJ I would drink a lot and live the DJ life. Now if I bump into someone from my DJ days they normally fall over and say you look 15 years younger."

Go to bigheavenlittleheaven.com or email lee@bigheavenlittleheaven.com.

BA grows flights to winter sun

BRITISH Airways has increased its flights from London City Airport to Ibiza and Majorca to now operate them for all 12 months of the year.

The routes had been summer-only destinations but the decision to increase them comes as a result of their popularity since they were launched by the airline two years ago.

The off-season flights are targeted at those with second homes or those looking for some winter sun, with average temperatures around 15C in January.

BA Cityflyer's general manager commercial Luke Hayhoe said: "Leisure flying is a really important part of our business now from London City."

"Winter sun breaks are a very popular market and with London City's 20 minute check-in time with luggage customers can be in the sun in less than three hours."

The airline will be continuing its extensive summer schedule to each of the islands and then from October will be operating two flights a week, running Thursdays and Sundays.

Fares start at £75 per person.

Irish airline Aer Lingus has launched a route from Southend Airport to Dublin. Flights, operated by Aer Arann, will run three times a week.

Go to ba.com and aerlingus.com.

Rob Virtue
Business travel / Pages 48-49

A colorful poster for a 'Family Fun Day' event. The central text reads 'Family Fun Day' in large, bold, yellow and blue letters, with 'Sat 23rd June 2012' below it. The event is organized by 'The Learning Village Bishop Challoner Catholic Collegiate School'. The poster features various circular icons representing activities: 'Cake Stalls', 'Shopping Stalls', 'Primary School Football', 'Knock Out Competition', 'Falconry Display', 'Irish Dancing', 'Street Dancing Display', 'Bouncy Castles', 'Battle Of The Bands', 'Mini Go-Karts', 'Go-Kart Party', 'Creative Steel Band', 'Fire Engine Display', and 'Face Painting'. A young boy in a yellow shirt is jumping in the center, and two girls are smiling in the bottom right corner. At the bottom, it says 'KIDS GO FREE £2 FOR ADULTS*' and 'Money raised will be donated to the Tanzanian School Fund'. The address 'Bishop Challoner Catholic Collegiate School, 352 Commercial Road, London, E1 6LS' and contact information are at the very bottom.

Lawyer picks up the torch for charity



Alan Mak: "Proud and honoured"

A CANARY Wharf lawyer who also volunteers at a charity offering free, healthy breakfasts to thousands of schoolchildren will be carrying the Olympic flame next week.

Alan Mak, who works at Upper Bank Street-based Clifford Chance, will be running with the torch near his home town of York.

He was selected because of his work at Magic Breakfast.

Alan said he was "proud and honoured" to be a Torchbearer and added: "I hope my involvement will raise awareness of Magic Breakfast's fight against child hunger and poverty."

He will be running with the flame in the Yorkshire village of Bedale on Wednesday.

Win £50 Tesco vouchers for Whitechapel store

Fancy winning a share of £500 to put towards your weekly shop?

To celebrate the opening of the Tesco Metro store in Whitechapel next week, the supermarket has teamed up with *The Wharf* to give 10 lucky readers the chance to win a share of £500 in Tesco gift cards.

The new store, in Fieldgate Street, will open for the first time at 8am on Monday (June 18).

Launch celebrations will continue at 10am when a local charity will receive a £1,000 donation at the official ribbon cutting ceremony, followed by complimentary refreshments, including cake, orange juice and champagne, for customers to enjoy.

With 10 prizes of £50 you will be able to visit the new store and top up your trolley on Tesco.

With a wide selection of fresh fruit and vegetables, frozen foods and dairy products you will find everything you need at the new store.

The store will also stock a selection of non-food ranges, including health and beauty, DVDs, CDs and stationery making it even easier to pick up the everyday essentials.



10 lucky winners must be found

The store will open at 8am on June 18 and after that it will open from 6am until midnight Monday to Friday, 6am until 10pm on Saturday and 11am until 5pm on Sunday.

To be in with a chance of winning £50 in Tesco gift cards, all you have to do is answer this simple question: **What is the Tesco motto?**

So what are you waiting for? To enter, go to our website,

wharf.co.uk, and click on the competitions link.

You will be required to provide the answer, along your name, address, postcode and

daytime telephone number along with a unique code: **TESO1**. Usual newspaper terms and conditions apply.

The gift cards can only be spent at the Whitechapel Metro. The closing date is June 22.

POLITICAL NOTES&VIEWS

With John Biggs

London Assembly Member, City & East



I am what I call a "respectful republican". I cannot see any moral or political basis for having a monarchy, but I am not about to start a revolution, and I respect the work of the royals, given that we have them.

It doesn't interest me much beyond that. But something strange happened – I fleetingly observed the royal pageant, and saw a lot of the wall-to-wall media coverage of it, and I felt a shimmer of warmth through those, generally resistant, bones.

Have I gone soft in my old age? I don't think so. It was the sense of warmth, belonging, and pride that warmed me up.

I am proud to be a Brit and to be able to celebrate our history, and our achievements, which I think haven't just built our country but have significantly changed and influenced the world in a positive way.

And when you've stripped away the bunting, processions, concerts and so on, we were collectively saying this to each other.

In many of my columns I tell you that life is pretty tough for many of my constituents – and it is. But the hard won freedoms, based on respect, equality and the possibility of a good life, are all different parts of what makes our country a great place to be.

As long as you don't mind me not getting too excited about it, I suppose a bit of ceremony from time to time is pretty harmless.

“
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ADVERTORIAL

Thames Water customers saving 100 million litres of water every day

Come rain or shine, water is precious

In the recent hot weather, people living in London and the Thames Valley are using 100 million litres less water per day – a four per cent reduction in overall water use across the region for the time of year.

This is a result of people not using their hosepipes to water lawns, fill pools and clean cars, as well as taking extra steps to use less water in the home.

Richard Aylard, Thames Water's Sustainability Director, said: "Our customers are making a real difference and of course we are very grateful. It's when it's sunny that we can really see the impact of the hosepipe ban and overall careful use of water, as this is when we would normally expect to see water use at its peak. The saving of 100 million litres a day is really important, as is the 60 million litres a day that we are saving by getting leakage to its lowest level ever. 160 million litres of water every day is a very significant saving on the amount of water we need to take from the environment every day. It is making a real difference in ensuring we have enough water to see us through the summer and autumn."

Although the hosepipe ban, which came into effect at the start of April remains in force for much of the South East following the driest two years ever recorded, Britain's topsy-turvy weather has helped ease the water shortage.

Within 24 hours of the restrictions coming into force in April, the heavens opened and stayed open for six weeks, delivering 262% of average rainfall in the Thames region, followed up by frequent showers in May.

Mr Aylard added: "After such a long dry period the record spring rain has really helped, improving the situation on the surface of the ground, including boosting river levels in the short term.

"However, the levels in many of the natural underground reservoirs, which provide the majority of water in rivers and keep them flowing during dry summer months, are still very low and are unlikely to recover until there is sustained winter rainfall.

"Taking everything into account, we need more time to be sure that we will have enough water to get us through the summer and autumn. But we will lift the ban just as soon as it is responsible to do so and will update our customers towards the end of June.

"In the meantime we encourage everyone to continue to save water where they can – it does make a real difference."

Securing supplies

River levels are normal for the time of year and reservoirs remain full. However, water levels below ground are unlikely to recover until next winter – and

TOP WATER-SAVING TIPS

- 1 Turn off the tap when you brush your teeth and save 6 litres a minute
- 2 Thames Water customers can order free water-saving devices at: www.thameswater.co.uk/waterwisely
- 3 Try and finish your shower in under 4 minutes
- 4 Keep a jug of water in the fridge to avoid waiting for the tap to run cold
- 5 Have a water meter fitted so you can see how much you're using
- 6 Don't worry if the lawn turns brown – it will recover when it rains again
- 7 Install a water butt in your garden
- 8 Only run the dishwasher and washing machine on a full load – this uses less water than two half-loads
- 9 Fix leaking toilets – on average a leaky loo wastes 2,800 litres a week



only if enough rain falls. Winter is the most important time for replenishing supplies as the ground stays wet. In the summer, once the ground has dried out, water can't seep through and much of it evaporates or gets used by plants.

Thames Water continues to boost supplies. Jerry White, Thames Water's head of water production, said: "Of course it's not just our customers who need to help reduce water use, we know there is still a lot of work for us to do to reduce leakage

to an acceptable level. This is our number one priority – since it's peak in 2004, we've cut leaks by more than 300 million litres a day to its lowest ever level. We're doing this work as quickly as we can while minimising disruption and costs for customers.

"We've also built back-up systems, including our new desalination plant in east London, and a large groundwater reserve in north London. Each can provide enough additional water to supply the daily needs of around one million people per day."





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Crime

Gunshot victim calls for action

1 THE Russian banker who was shot on the steps of his Canary Wharf apartment has called on authorities in his homeland to arrest the business partners he suspects are responsible.

German Gorbuntsov, 45, said: "The evidence I have is enough to put them behind bars. Of course they have good connections, but I'd like to believe there is justice in Russia."

Olympics

Route closed a month early

2 DRIVERS are beginning to feel the effects of the restrictions on cars ahead of the Olympic Games.

The Avenue, which runs through Greenwich Park, is now closed, a month earlier than planned because of the "unusually heavy rainfall" say Olympic organisers.

Meanwhile, car parks in Westfield Stratford City will close for at least 12 weeks from Monday (June 18) as the shopping centre prepares for an influx of visitors.



Education

School caught in Ofsted row

3 A TOWER Hamlets primary school has been caught up in a row over inspections after the education watchdog was accused of copying.

Ofsted ruled both Malmesbury Primary School and Belvedere Junior School in Bexley "inadequate" using sentences and phrases that were identical.

Teachers unions have said that formulaic guidelines are leading inspectors to "cut and paste" reports.

Court

Man jailed for bedroom rape

4 A MAN who broke into a woman's home, raped her twice and made off with electrical goods has been sent to prison for a minimum of six years.

At Snaresbrook Crown Court on Thursday, Salim Ahmed Khan, 38, pictured above, of no fixed address, pleaded guilty to the attack in E1 on February 25.

The 41-year-old victim was attacked at knife-point in her bedroom. Khan was caught through his fingerprints.

Beaten man dragged into the street to die

CRIME

Rob.Virtue
@wharf.co.uk

A MAN who police believe was assaulted at a property in Victoria Docks and then dragged onto the street by his ankles has died from his injuries.

Officers are still appealing for information on the incident, which took place on May 21 after 8pm.

Zahir Bouchia, 43, of Shaw House on Claremont Street, died two weeks after the attack.

He was being treated at the Royal London Hospital.

Detectives from the Homicide and Serious Crime Command (HSCC) under Acting Det Chief Insp John Nicholson are now leading the inquiry. He said: "We believe that Mr Bouchia was assaulted at a property in Shaw House."

"He was then dragged by his ankles to the corner of Claremont

Close and Woodman Parade where he was dumped until emergency services attended.

"I would urge any witnesses to come forward and help us bring those responsible to justice."

Anyone with information is asked to call the incident room on 0208 345 3985 or call Crimestoppers on 0800 555 111.

Police have already charged a 42-year-old man over the attack. A 46-year-old woman was arrested and bailed.

■ Thugs attacked a man with a bottle and a piece of wood before kicking and stamping on his head in an attack in Newham.

The 31-year-old victim is still in a critical condition in hospital following the assault two weeks ago.

Police believe three Asian men carried out the attack in Cowper Road, East Ham, just after midnight on May 26. Call Newham Violent Crime Unit on 020 7275 5711.

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Why military training was perfect for bringing up my children
Family / P50

LondonCityAirport



Sound **Insulation** Scheme

London City Airport has launched its new, enhanced **Sound Insulation Scheme**

The airport is offering **sound insulation treatment** to eligible properties within the 57 dB $L_{Aeq,16h}$ summer noise contour and **enhanced** sound insulation to properties within the 66 dB $L_{Aeq,16h}$ contour. To be eligible, your property needs to be within one of the contours, and meet criteria related to when it was built.

For those already treated under the previous Sound Insulation Schemes **10 year checkups** have been introduced for properties which have had either secondary glazing and/or mechanical acoustic ventilators installed by the airport.

No application to the Scheme is necessary; every year an annual report is produced listing the properties eligible and all owners are sent a letter. You can view the list and get more information on the London City Airport Consultative Committee (LCACC) website at www.lcacc.org/noise.

W: www.londoncityairport.com/environment
E: environment@londoncityairport.com

Business Travel / P48-49

News

Crew prepares for epic of endurance

ADVENTURE

Giles Broadbent
@wharf.co.uk

Despite the protection of skyscrapers and a lock subduing the tidal Thames, the TS Pelican swayed in a swell caused by high winds in South Quay.

Fresh from its role in the Avenue of Sail at the Thames Pageant, her berth in Canary Wharf was a brief stopover before she sailed back to her home port of Weymouth.

Below deck, the granddaughter of one of Britain's greatest heroes was talking about an attempt to recreate an epic voyage that Ernest Shackleton was forced to take to survive but others, 100 years later, would undertake voluntarily.

Alexandra Shackleton introduced two of the six-strong team that would navigate the treacherous seas from Elephant Island in the Antarctic, where her grandfather's forlorn crew had pitched up, to South Georgia before scaling an unknown



TS Pelican in South Quay

mountain range to find rescue and salvation.

She said: "I am a very proud patron of this expedition which will achieve, I have no doubt, what my grandfather did in 1916 – the boat journey, 800 miles across the stormiest seas in the world and then climbing South Georgia."

TS Pelican is not dissimilar to the Endurance that Shackleton and his crew had abandoned to the ice on their ill-fated polar expedition. With a crew of young people to be recruited for the experience, she will

provide the back-up should lives become imperilled.

Bosun PO Seb Coulthard gave an outline of the challenge for the team aboard the replica James Caird – named the Alexandra Shackleton.

He said the purpose of the expedition was to "bear tribute to leadership" and, under the leadership of environmentalist Tim Jarvis, pelicapress home a message of conservation.

He said: "We plan to cover 800 nautical miles, 17 days at sea, 48 miles a day at two knots but it depends on wind and current – we could end up going backwards at some point."

"Upon reaching South Georgia, we will cross the mountains, 40 miles. Shackleton covered that distance in 33 hours and no-one's come close to beating that."

"They had virtually nothing apart what they were wearing – they removed screws from the timbers in the boat and put them through their boots to gain traction. We're planning to do something similar."

The Shackleton Epic will take place from January 2013.

RESTAURANT

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What's On

Finding a rhyme every time is hard for a bard

INTERVIEW

John Hegley tells **Rob Virtue** about being heckled by toddlers and finding inspiration in life's mundanities

Poet, singer and comedian John Hegley will be performing *The Adventures of Monsieur Robinet* at the Canada Water Culture Space on Saturday night.

He spoke to *The Wharf* about the show and put-downs from toddlers.

Can we have a rhyme for Canary Wharf?

Corfe. As in Corfe Castle in Dorset. I took my Wharf parcel to Corfe Castle. Can you tell what was in my parcel? I'll leave it for the audience to find out on the night. We'll have a chat about it.

What is the show about?

It's for anyone who's seven or over really and it's about potatoes, songs, poems and animals made out of handkerchiefs.

There's not much Morris dancing – well a tiny bit – and some joining in.

Audience interaction?

Yes, it's interactive. I'm glad you didn't say participation as that doesn't sound good.

Yes people are encouraged to sing along and they do it very well.

And who is Monsieur Robinet?

Well my dad was half French and the title refers to that. It's my family background really and I hope people can relate to it.

And England will have played France in the Euros by then so it should be fresh in

people's minds ahead of the gig.

Do you know the area well?

Yes, my friend Robert runs the Engine House in Rotherhithe so I've done workshops there a few times. I don't mind heading that way.

It may seem a stereotype but I find the audiences south of the river a bit tougher but then maybe that's because

and a chap picked up a brown paper bag and I sung, "He's in love with a bag," and I've now been using it in my act for years. He wasn't too upset, he started singing along.

With your show not being mainstream do you get heckled much?

Yes it does happen. The worst one came from a four-year-old child. I was doing my act and I said, "Any questions?" He put up his hand and said, "Who are you talking to?"

I'm hoping it was difficult for him to understand the concept of a collective audience rather than a heckle. **Is it the toughest part of being a comedian?**

No, I'd say that was when you're not feeling your best and you have to perform but that's the same with all jobs.

I've been a bus conductor, worked in social security and been a rug cleaner in Bradford at an industrial rug factory.

On the buses and in the civil service roles you get everything metaphorically thrown at you. I was quite happy sitting behind the desk as a civil servant where you're prepared for other people's points of view on life.

That's one of the lovely things about performing in front of an audience too.

■ **John Hegley: *The Adventure Of Monsieur Robinet*, Canada Water Culture Space, Jun 16, 7.30pm, £10 (£8), thealbany.com.**

W Your worst heckle?

"It came from a four-year-old. I was doing my act and I said 'Any questions?' He put up his hand and said 'Who are you talking to?' I'm hoping it was difficult for him to understand the concept of a collective audience."

they know I'm from north London.

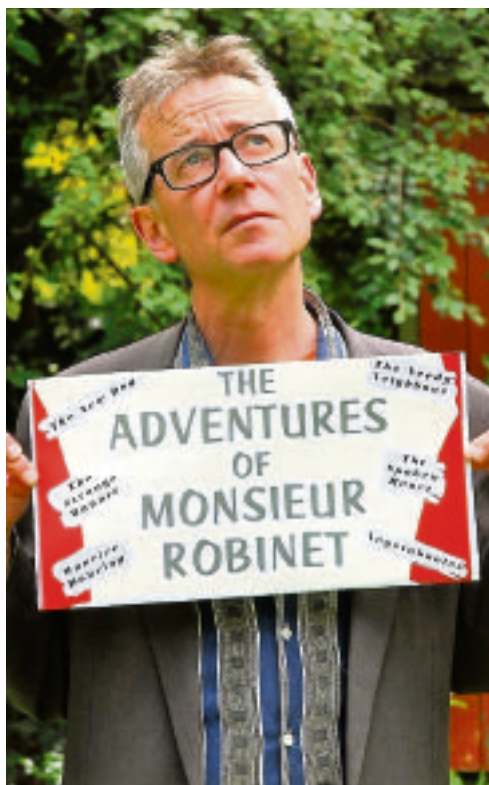
When did you start doing poetry as part of your act?

In 1982. I was a busker but it was too cold to play guitar so I took a tambourine and did some spoken word.

Where do you get your inspiration?

Things around me. I've got a cat, although she's not doing much now, and a pair of glasses next to me.

Once I was sat at a table



Hegley says the title of the show refers to his own family background, in particular his father who was born in Paris

THEATRE

A Matter of Life and Death

The Space

WorkSpace Productions present an adaptation of Powell and Pressburger's classic film.

Set in 1945, it follows a young pilot who jumps to certain death from his burning aircraft.

Following an angelic blunder, he miraculously survives but is then forced to take himself and the heavenly authorities to the Universal Court of Appeal.

■ Jun 14-16, 8pm, £10 (£6), space.org.uk.



THEATRE

Angelic Tales

Theatre Royal Stratford East

Acclaimed writer and director Rikki Beadle-Blair and his Team Angelica have selected interesting pieces of new writing to be presented as rehearsed readings.

It is the second instalment of *Angelic Tales* following the first successful run in February and March.

"This is not dry, polite drama," says Beadle-Blair. "This is a great night out – that's what theatre is all about."

■ June 14-16, 7pm & 9pm, £8 (£5), stratfordeast.com.



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DANCE

2Faced Dance Company: In The Dust

The Albany

Dark and explosive, break-infused contemporary dance is how this act is billed. *In The Dust* involves an athletic demonstration of movement surrounding the subjects of decay and destruction.

Choreographers Tom Dale and Freddie Opoku-Addaie – who is head dance man at the Royal Opera House – have teamed up with 2Faced's artistic director Tamsin Fitzgerald for this evening of movement to music.

■ June 14, 7.30pm, £10 (£8), thealbany.org.uk.



What's On

SCREEN



Rock Of Ages
(12A) 123mins
★★★★☆

Bow down to the gods of rock as director Adam Shankman cranks up the volume to 11 for this energetic musical based on a popular stage show.

Punctuated by breathlessly choreographed, show-stopping renditions of Pat Benatar, Europe, Foreigner, Journey and Poison among others, *Rock Of Ages* is 123 minutes of unabashed joy.

The cast are in fine voice including a bare-chested Tom Cruise, who took singing lessons to deliver Bon Jovi's *Wanted Dead Or Alive* and Def Leppard's *Pour Some Sugar On Me* with a primal swagger. He rocks.



Red Lights
(15) 113mins
★★★★☆

Look beyond the obvious and you might glimpse writer-director Rodrigo Cortes's sleights of hand in this thriller, which follows two paranormal investigators as they debunk fraudulent mediums, mind readers and ghost hunters.

When one homeowner tells the paranormal investigators, "You can't begin to imagine what's going on here," he might as well be speaking to us.



Cosmopolis
(15) 108mins
★★★★☆

Adapted from the book of the same name by Don DeLillo, *Cosmopolis* paints an emotionally cold portrait of a young man with too much money and hardly any morals.

Set almost entirely within the confines of a stretched limousine, the film focuses on billionaire Eric Packer (Robert Pattinson) who has made his fortune by playing the financial markets and stabbing his rivals in the back.

Bennett examines every facet of boys' education

PREVIEW

Revival of National Theatre hit explores what the crucible of school can create

Kay Lockett
The Wharf

We all knew that cheeky, self-assured boy at school that had people of all sexes and ages falling in love with him. You wanted to hate him, but he was so damn confident and charming. The good looking swine you had a crush on.

Actor Adam Lawrence, 21, will be wooing audiences as such a character at Greenwich Theatre, performing the lead role of seductive teenager Dakin, in Alan Bennett's *The History Boys*, the first major revival of the play in London since the National Theatre's original production.

Lawrence said: "This is a brilliantly nostalgic play and rehearsals have felt like being back at school.

"I am having so much fun with my character. I'm the confident kid and teacher's favourite who is used to getting everything he wants, including sleeping with the headmaster's secretary.

"I end up pushing my luck with the supply teacher and learning some important lessons."

And this is what the Bennett play asks – profound questions about: what an education really is; how learning is not just confined to the classroom.

Lawrence said: "The play looks at themes we all experienced at school, which brings back memories and that's why Alan Bennett's writing is



From left, Lawrence Murphy (Posner), Adam Lawrence (Dakin), Shamir Dawood (Akthar), Alasdair Hankinson (Rudge), David Ellis (Lockwood), Chris Aukett (Timms), Andrew Chase (Crowther), Joe Morrow (Scripps)



Learning lessons: Adam Lawrence

so successful. It's full of characters you can relate to.

"It looks at the juxtaposition of teaching methods and how you struggle to decide who to side with.

"On the surface it looks like a load of lads having a laugh on stage, but the play addresses some deep issues.

"I see some of myself in Dakin – well his confidence anyway," said Lawrence who only two weeks out

of Birmingham School of Acting was snapped up for the role and secured himself an agent only days after graduating.

With a cast of 12, Sell A Door Theatre Company is not trying to replicate the National Theatre production, but will stay true to the original with classic Bennett lines and quotes from poets and references to literacy figures, while exploring aspects of its characters.

Artistic director David Hutchinson, 24, who also plays Irwin, a young teacher in the production, said: "The story revolves around how your time at school can define who you are and can shape your outlook on life.

"You can expect charming performances, hymns and old pop songs from the '80s, funny one-liners but also a moving story full of emotion."

■ *The History Boys*, Greenwich Theatre, Jun 18-24, various times, £20 (£17.50), greenwichtheatre.org.uk.

BOOKS



Gold
Chris Cleave (Sceptre)
★★★★☆

There couldn't be a more timely backdrop to Chris Cleave's third novel than the London Olympics and the story of two British cyclists as they battle it out for a place in the world's most prestigious sporting event.

Zoe is the ruthless, cunning competitor while Kate just wants to do her best for everyone else and has other issues, most significantly a nine-year-old daughter suffering from leukaemia, and a husband who once had a thing for Zoe.

Cleave keeps the pace moving well as he jumps between the personal and psychological dilemmas.

Hannah Stephenson



Stone Roses: War And Peace
Simon Spence (Viking)
★★★★☆

Based on hours of interviews, Simon Spence puts the story of the Manchester band into neat chapters focusing on specific people, times or events.

Insights include the infamous gig on Spike Island, the recording contract with Jive/Zomba and the creation of "Madchester".

Julie Cheng

Perfect curtain-raiser to our summer of sport

SCREEN

Fast Girls

(12A) 90mins

Director Regan Hall puts audiences under starter's orders for the 2012 Olympic Games with this unabashedly feel-good drama of sporting ambition against the odds.

We follow a talented 200m sprinter from the wrong side of the tracks, whose raw talent propels her into the British relay squad where she clashes with the team's privileged golden girl.

Shot on location in London, *Fast Girls* injects bursts of pace within the sprightly 90-minute running time

and puts the female cast through their paces.

The script, co-written by Noel Clarke (*Adulthood*), Jay Basu and Roy Williams, passes the baton from one cliché to the next – forbidden romance, enmity mellowing into sisterly solidarity – culminating in a championship showdown that leaves a patriotic lump in the throat.

Shania Andrews (Lenora Crichlow) lives on a council estate and trains for the 200m on a weather-beaten track with coach Brian (Phil Davis).

Having run 23.28 seconds, Shania beats fast-rising Lisa Temple (Lily James) in a qualification race to book her spot at the World Championships.

Lisa is incredulous and her father



The Fast Girls go for gold

David (Rupert Graves) exerts even more pressure on his daughter.

Following the qualification race, coach Tommy Southern (Noel Clarke) invites Shania to join the relay squad and tension between the teammates intensifies when Shania develops a crush on physiotherapist

Carl (Bradley James), who is also the object of Lisa's affections.

Fast Girls is a thoroughly engrossing slice of home-grown entertainment that swiftly tethers our affections to Shania so we root for the underdog.

If Britain's talented athletes at the 2012 Games wear their hearts on their sleeves and risk everything like the characters in Hall's undemanding film, it could be a gloriously golden summer.

Damon Smith

Our verdict

Pitched perfectly for a golden summer of home-grown heroes

★★★★☆

Food

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Baltic turns out to be a game of two halves

REVIEW

Baltic

Southwark

Rounding the corner and seeing Baltic for the first time stirs a wave of panic in my breast. Drab Polish flags have been artlessly draped on its facade.

Have I come to review a charmless sports bar? Will I be jammed on a sticky settee and be force fed Nobby's Nuts while hoards of lagered patriots wait and hoot at screens?

But Baltic is a game of two halves. Its bar, towards the front of the establishment, looks battered. Its sleekness denied by use.

This place is dark and dingy. A sorry specimen in a pointed red and white hat looks up as we pass, then turns her attention back to her warming half-drunk pint.

After slipping through this birth canal things take a brighter turn.

The place opens out into a light and airy cavern dominated by the original beams of the 18th century coach builder's works from which it has been converted.

Lit by skylight it is a curiously featureless offering with unbroken planes of concrete, plaster and exposed brickwork.

Scurrying around the simple tables, a multitude of waiting staff, all spotlessly turned out, tend to well-dressed diners' needs.

The menu restricts itself to a reasonably modest range of dishes with variety bolstered



Why dingy bar is good?

Perhaps its lack of charm works to enhance the experience in the restaurant.

by the number available as both starter and main.

Pan eastern European flavours is the theme here and vegetarians are barely catered for. Instead, hearty dumplings, lumps of meat in sauce and pungent sausages are to be found.

This is all about using all the pieces of the animal. There's not much that won't taste OK with a bit of pickle or some pungent red cabbage.

As it turns out though, the kitchen doesn't need to resort to masking tactics as the plates it's churning out

Calf's liver with apple mash Below, tomato salad

are packed with flavour. My dumplings are buttered to perfection and stuffed full of spiced, succulent meat.

Feverishly I Hoover them up, lest my fellow diner get more than a sniff and insist on sharing.

Calf's liver to follow is equally successful although I'm disappointed that side order tyranny reigns here. My vat of red cabbage is far too much but a decent addition – why it simply wasn't included in the dish is a mystery.

The chef clearly knows how to build a plate, so why give diners other options?

But this niggles is a small blemish in the face of a delicious feast, lubricated with Egri Bikaver 2007 Korona Borhász and a surprise vodka.

The only other source of confusion is why the bar isn't more pleasant. Perhaps its lack of charm works to enhance the rest of the experience.

Expect to pay about £16 for a main course.

Baltic Bar and Restaurant 74 Blackfriars Road, London, SE1 8AH, 020 7928 1111, balticrestaurant.co.uk.

Jon Massey

Our verdict

Eastern European gem with a couple of blemishes

★★★★☆

SHOPS

Local brewery opens specialist beer store

★ The Meantime Brewing Company has opened a bottle shop to give its fans more opportunity to enjoy specialist beer at home.

Based at the Greenwich Union bar on Royal Hill, it aims to sell around 50 beers – including Meantime's range of eight bottled brews – and to stock produce not available in off-licences.

The shop is the brainchild of Union manager Daniel Persson who said: "Given the number of our customers asking where they could get our beers to enjoy at home, a shop seemed an obvious step."



"Most independent off-licences can't stock the range we offer as a specialist craft pub, either because they don't have the expertise or because they don't have a big enough customer base for them."

"Our customers have already tried many of our beers and there's a thirst for knowledge and exploration of craft beers, so it seemed a natural step."

The shop was trialled in May and will now become a permanent fixture.



MARKETS

Market to open every day during Olympics

★ Borough Market will be opening seven days a week during much of the Olympic summer.

From July 25 to September 9, bar a few weeks between the Olympic and Paralympic Games, the renowned venue will host more than 100 businesses – the first time the capital's oldest fruit and veg market has opened all week in its history.

Market MD Keith Davis said: "Our traders will be on hand offering shoppers the chance to experience the best of British and international produce." Go to boroughmarket.org.uk.

RESTAURANTS

A new seasonal look for popular restaurant

★ Wahaca's popular Mexican Street Kitchen has a new look for the summer. Burritos, tacos and salads will now be presented from a snazzy silver airstream trailer at its regular home in Canada Square Park.

food notes

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Travel

Focus on business



Top, a sunbather applies sun block at Coney Island
Below, Jane's Carousel in Brooklyn

Venture from famous core of Big Apple

New York is full of gems as **Jayne Watson** discovers

So you're in New York on business. The expenses are flowing, but you're next meeting isn't for a couple of days. What do you do with the time?

It's time to leave the Manhattan rectangle of Central Park, Times Square, SoHo and the Battery, and strike out for new territories.

Go south. Head for the Brooklyn Bridge – everyone

does, but most tourists just take the picture and go north again.

If you're there for a Sunday, get right down to the tip of Manhattan Island and the old Fulton Street Fish Market.

The original relocated to The Bronx in 2005, but after a few years the old stalls next to Pier 17 got a new lease of life in the form of a farmers' and produce market where you can mooch around grazing on samples of artisan cheeses, salamis, fruit and breads, until you finally pick a stall to get lunch from.

Stalls vary by the season – winter comfort foods included poertjes (little light Dutch cakes, cooked to order) and curried cauliflower pickles.

Now cross one of those two bridges into the "Dumbo" (Down Under Manhattan Bridge Overpass) – this is your entry to Brooklyn.

Not only is it a boutique-filled shopping area, home to New York's best pizzeria, Grimaldi's, and a famous chocolatier (Jacques Torres,

Hudson Street), but since September 2011 there is a new and slightly bizarre addition to the Brooklyn Bridge Park.

Jane's Carousel is an immaculately restored, working '20s fairground gem, shielded from the elements by a \$9million acrylic pavilion through which you can see the Manhattan and Brooklyn bridges and the skyscraper skyline, all surreally wobbling.

The name comes from artist Jane Walentas, who spent 20 years restoring it.

Once you know she was art director at Estee Lauder and her husband David C Walentas is one of NYC's "Lords of Dumbo" developers, who turned this once rundown warehousing area into a piece of gold-plated real estate, the genuine gold leaf on the carousel ponies begins to make sense.

Keep going, down into Brooklyn itself and the gold leaf becomes a bit thinner,



the Wharf

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NO AGENCIES PLEASE

96
Years since
Nathan's
Hotdogs
first opened

the waistlines less Manhattan waspy, and the accents a lot thicker.

The famous Brooklyn vowel sounds ("toity, poiple, boids") still identify natives of Kings County. In 17th century New York we

Brits, having taken over from the original Dutch colonialists, split the town up into 12 counties, including Kings for King Charles II, and, of course, Queens.

Brooklyn is low-rise compared to Manhattan and still very much an area of distinct ethnic communities, with their own specialist food shops and restaurants.

If the company credit card is holding up and you're intent on eating yourself silly, then it is an excellent destination.

Even better, you can book yourself on to a Best of Brooklyn Food and Culture Tour, from All New York Tours, where the strolls between the bus stops work off some of the calories piled on by traditional Jewish potato dumplings, Cuban sandwiches, Polish sausage... and so on.

On another brilliantly fine fall day, we took the subway down to Coney Island, shut up for the winter and weirdly beautiful.

The shoreline and the boardwalk were virtually deserted; the rides, including the famous Cyclones roller coaster, caged behind security fencing.

A woman cooking poertjes at Fulton Street Fish Market, New York



PICTURES PA PHOTO/JAYNE WATSON



A couple relax on the grass at Brooklyn Bridge Park in the Dumbo section of the Brooklyn borough of New York

Nathan's Hotdogs (founded 1916) stays open all year round, but the melancholy beauty of any resort out of season seems more poignant here, somehow, thanks to America's extraordinary skill at mythologising its recent past.

Walk a mile along from the Coney Island Terminal, though, and you seem briefly to leave America altogether.

It begins with the cafe on the boardwalk called Moscow – Russia On The Beach. Heavily built older men in leather jackets and women in puffed coats and dark glasses sit outside in the sunshine.

This is Brighton Beach, otherwise known as Little Odessa, where waves of Russian emigres settled in the last century and virtually every printed or handwritten sign is in Russian.

If you have a liking for peculiarly tasteless souvenirs, Brighton Beach is something special. I still think wistfully about that metre-tall ceramic vodka presentation bottle, in the shape of a uniformed cat holding a Kalashnikov.

FACTFILE

■ Jayne Watson stayed at Best Western Bowery Hanbee in Chinatown at 231 Grand Street, New York 10013. Reservations at 001 212 925 1177 and bw-boweryhanbeehotel.com or email 33133@hotel.bestwestern.com.

■ The Best of Brooklyn Sightseeing, Food and Culture Tour is bookable in advance in the UK through Viator at £60.07 per person. For further details call 020 3318 0421 or go to viator.com.

WHARF TIP

■ British Airways has two flights daily from London City to New York. Due to the short runway at City fuel is kept low and planes stop off at Shannon for a 35 minute refuel. Immigration is then carried out at the Irish airport allowing passengers to bypass the often lengthy checks at New York JFK. Return flights are direct to City Airport.

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Family

Military training is perfect for bringing up my family

FATHER'S DAY

Stay-at-home dad and ex-Commando Neil Sinclair draws on war zone lessons

Lisa Salmon
The Wharf

The best dads need discipline, patience, planning skills and endurance – many of the qualities required by elite soldiers, in fact.

But our troops get thorough training to perform their rigorous duties, unlike dads, whose training is usually all on the job.

However, an ex-commando who has cleared minefields in Iraq and tracked drug traffickers in the jungles of Belize has come to the rescue of dads

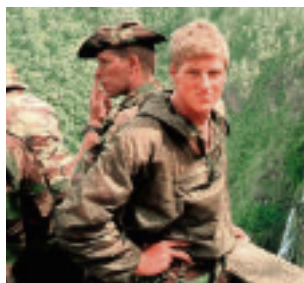
who feel as unprepared and daunted as he did.

Neil Sinclair, who spent six years in the army before taking on fatherhood, has written *Commando Dad: Basic Training*, a guide to being an elite dad of babies and children under three.

The practical, how-to guide is a gentle reflection of the basic battle skills manual that Sinclair was issued on his first day in the army.

It gives dads clear, step-by-step instructions about looking after babies (BTs or Baby Troopers, as they're called in the book) and children in the early years, under headings including *New Recruits: Surviving The First 24 Hours*, *Dealing With Hostilities*, and *Morale: A Commando Dad's Secret Weapon*.

Sinclair, who since leaving the army has worked as a registered child-minder and as a stay-at-home dad to his three children, Samuel, 10, Jude, aged nine, and five-year-old Liberty, said: "When I was in Iraq I was trained to disarm mines, but when I became a dad I had no training.



"The first six weeks were horrendous. I really felt out of my depth.

"So I drew on my military experience, and used military precision to get on with it.

"There's a lot of dads who really want to know what to do – they don't just want to pat their wife on the back and give her a bunch of flowers.

"They want to do more, and hopefully my book's going to give them the tools to be the dad they clearly want to be."

All the information in the book has been approved by health, childcare and nutritional experts, but every bit of it comes from Sinclair's experience as a commando, stay-at-home dad and childminder.

As well as practical advice on how to feed, bathe and hold babies, discipline toddlers (MTs or Mobile Troopers) and entertain and transport them, the book is full of top tips including: "A commando dad always has his kitbag squared away, ready for redeployment" (a kitbag being a changing bag on civvy street), and "As your MT gets older, have a trigger word that tells them you need them to be quiet straight away."

While dads should gain confidence from following Sinclair's advice, they'll do well to match his infectious enthusiasm for looking after kids.

But he said: "It's hard work. I've been a commando and done lots of stressful and physically demanding jobs as part of that, but I had no idea how relentless the work was when you're a dad. It's so tough, but ultimately so rewarding, and fun.

"I feel very privileged that I've been a stay-at-home dad – I've seen so much of my kids growing up.

"A commando dad is a hands-on dad. He gets involved and takes his responsibilities seriously. He spends time with his kids, caring for them – and he gets the information he needs to do it."

Neil Sinclair in action with his family, top, and in Belize with the Commandos



Commando Dad: How To Be An Elite Dad Or Carer published by Summersdale, £9.99. Go to commando.dad.com

Gift ideas

King Of The Daddies notebook

The Letts Father's Day wire-bound notebook is the perfect little gift for dads. £6.99, letts.co.uk

Hallmark Recordable Artwork

Framed canvas board and set of six paints and brush so that children can draw a picture for dad and leave a Father's Day message £12.99, hallmark.co.uk

Busy Pictures Acrylic Block
A freestanding block that can feature a picture of dad and kids. Choose your best picture and size. From £29.99, busypictures.co.uk



WORKING MUM

By Tabitha Ronson

Why Father's Day is make, do and mend

Each Father's Day, I get all Blue Peter-ish. Instead of buying gifts, I encourage Master A to make a card and a personalised pressie.

Master A's poor daddy is the owner of a couple of uneven clay coasters decorated with sequins and googly eyes; and a decoupage office tidy made from Pringles tubes and photos of our precious bambino.

This year I thought we'd be more ambitious so I signed up Master A for an arts and crafts day at our library.

The session was labelled Creative Casting – but mix an exuberant four-year-old boy with alginate and plaster and it can only become Catastrophic Casting.

When I dropped off Master A, I did explain to the craftswoman who was running the session that she would need to keep a careful watch over him. She gave me one of those patronising smiles and said: "I've been running this club for 15 years, dear..."

I did try to warn her. So I didn't feel guilty or spare her a thought as I treated myself to a Shellac manicure,

followed by a glass of Chablis and a dose of *Vogue*.

Suitably pampered, I went back to the library at collection time. The children were all beautifully behaved, seated around the long craft table with their creations in front of them. There were rainbow-coloured casts of waving hands; clay models of hearts with wings; even a couple of moulded feet with the inscription: "I want to follow in your footsteps, Daddy."

All except one. Like an extra from *Lord Of The Flies*, Master A, face smeared with black paint and alginate, was running round the rows of book cases, craftswoman in hot pursuit. Occasionally, he would stop and challenge her with a jab of his Creative Casting. "Take that, Catwoman." (Yes, he's still obsessed with Batman.)

I split from Master A's daddy a couple of years ago. It's not acrimonious but we do have our moments. I foresee one on Sunday...

Working mum, wondering what Master A's daddy is going to make of his Father's Day gift: A Creative Casting of... a black-painted fist.



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Life

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Q&A

My knees hurt when I run. Should I stop that form of exercise?

You should at least try to resolve your knee pain and opt for lower impact activity until it's died down and you've established the cause.

That way you should be able to able to start running again slowly. It may be something as harmless as tight muscles but, even so, your knee won't thank you for running through it. The cross trainer and bike are usually kinder to your knees and if you're a fan of cycling, a spinning class is a good match intensity-wise for your running.

If you've had pain for a couple of weeks, it's wise to get it checked out as you could probably benefit from a proper diagnosis.

Tip of the Week

Ensure exercise is on the menu. If you tackle your poor eating habits and get a good exercise habit now, you won't have to embark on any crazy regimes in time for your holiday. Lunchtime workouts will help to break up your day, be that a run, swim or even a bootcamp class.



FITNESS WITH LAURA WILLIAMS

GET THE LOOK

Andy Roddick



GETTY

After an early exit from the French Open, America's Andy Roddick is hoping to salvage his season at Wimbledon later this month.

How he does it: One of the areas Andy believes firmly in working on is his core and said that training it was "extremely important".

This is because a strong core will help stability, balance and the speed of rotation from the torso. This has a knock-on effect to the overall strength, speed and accuracy of his game.

Do it for yourself: Like many sportsmen, Andy uses a medicine ball to work his core, most frequently a 5kg one with multiple sets of exercises, preferring to switch from exercise-to-exercise quickly to create a small circuit. Here are a couple of my favourite medicine ball exercises that will challenge your core muscles:

■ **Russian Twist:** Hold a medicine ball in both hands in front of you at chest height with straight arms.

Keeping arms at chest height, twist to the left using your right foot rotating the ball and your upper body as far left as you can before switching sides. Do 12-15 reps.

■ **Figure 8s.** Hold the medicine ball above you, extended above your right shoulder, before moving it swiftly across the body to your left foot in a wood-chopping motion (you'll need to bend your knees).

Then stand up and raise the ball over your left shoulder and repeat to the right foot. Repeat for a minute keeping abdominals braced throughout.

5kg
Medicine ball weight that Andy Roddick favours

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Images



REUTERS

1

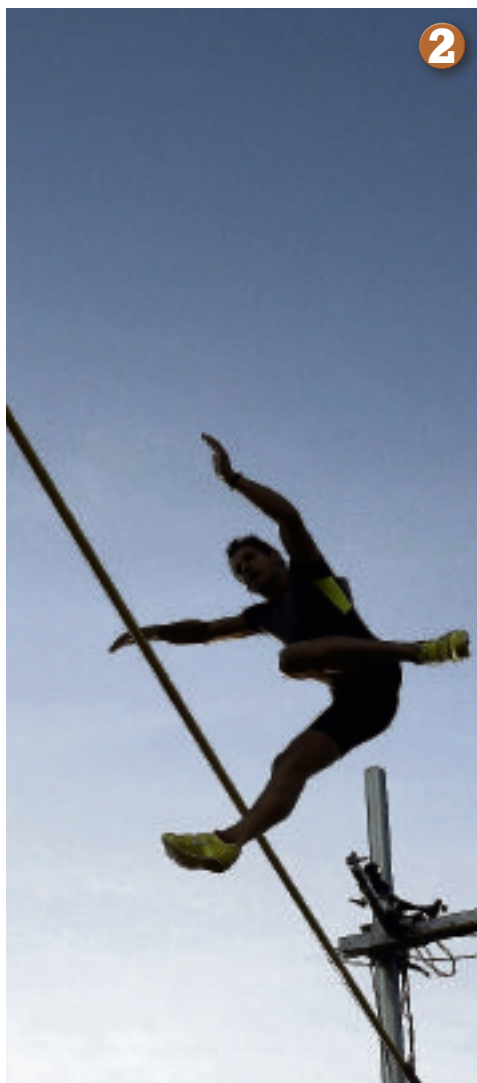


1

Dancers perform during the VI International Ballet Festival in Cali.

REUTERS
Jaime Saldarriaga
COLOMBIA

2



2

French pole vaulter Renaud Lavillenie jumps in the Diamond League competition in Oslo.

REUTERS
Dylan Martinez
NORWAY

3

The 19th annual Kids Ocean Day Adopt-A-Beach Clean-Up in Malibu, LA.

REUTERS
Lou Dematteis
UNITED STATES



3

4

The Aero Coupe by British brand Morgan at the China Luxury exhibition in Beijing.

REUTERS
David Gray
CHINA



4

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

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You may be tempted to do something you know is wrong. Resist and you'll be proud of yourself later. Seize opportunities to meet new people.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Your normal routine may go out of the window. This is not a bad thing as it finally presents you with the chance to change the path your life is following.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Financial signs are good, as long as you can focus on what you know needs to be done rather than what others are trying to convince you is important.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

New avenues open up which will allow you to make better use of your talents. A more relaxed work schedule will evolve over the coming weeks.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

The stubborn streak for which you are well known is becoming more prominent. Rein it in – the success of your love life depends on it.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

During the course of this week the pressures which have been placed upon you start to drain away. You begin to get a clear picture of what your future holds.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Many problems are forecast but the good news is that you have the ability to handle them successfully. Travel plans will bring passions to a head.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

A change in your usual surroundings is in store. Unexpected events could throw you off course but don't worry – the setback is only temporary.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Older relations become more involved in your life. A meeting turns out to be more important than you had imagined – listen closely to what is said.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Show more interest in the hobbies of a close one, as it should improve your relationship. Time spent with an ex can give you a clearer picture of your past.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You are not feeling at your best, so try to take things easy. Be careful not to repeat gossip or you could become a scapegoat for other people's problems.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Foreign places and people seem to have a special significance. A new acquaintance could become a bit of a nuisance – try to be patient with them.

Dinner and a Movie



★ Fancy winning dinner and movie for you and a friend?

We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni or a bottle of wine and a pair of tickets to the cinema.

To be in with a chance of winning, just tell us which actor

is pictured above in the film *Fast Girls*. Email your answer to competitions@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is June 21.

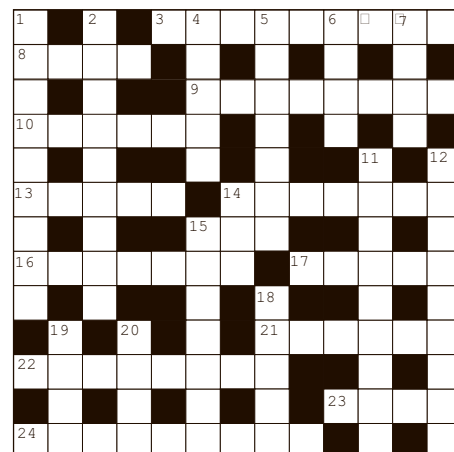
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RESTAURANT

La Vista

cineworld

Crossword



ACROSS

3. Reckon, compute (9)
8. Burden (4)
9. Recognise and name (8)
10. Humble (6)
13. In need of sleep (5)
14. Money saved for the future (4,3)
15. Seedcase (3)
16. Imaginary circle around the earth (7)
17. Buffalo (5)
21. Petty details (6)
22. Device for cooking outdoors (8)
23. Press clothes (4)
24. Forefathers (9)

DOWN

1. Female godparent (9)
2. Bloodthirsty (9)
4. Friendship (5)
5. Having a pattern of squares (7)
6. Plenty (4)
7. Petty quarrel (4)
11. Continue steadfastly or determinedly (9)
12. Problem page editor (5,4)
14. And not (3)
15. Weasel-like mammal (7)
18. Guide (5)
19. Area of tended and mown grass (4)
20. Woodwind instrument (4)

ACROSS: 3. Calculate; 8. Onus; 9. Identify; 10. Modest; 13. Tired; 14. Nest egg; 15. Pod; 16. Equator; 17. Bison; 21. Trivia; 22. Barbecue; 23. Iron; 24. Ancestors. DOWN: 1. Godmother; 2. Murderous; 4. Amity; 5. Checked; 6. Lots; 7. Tiff; 11. Persevere; 12. Agony aunt; 14. Nor; 15. Polcat; 18. Sheep; 19. Lawn; 20. Oboe.

Sudoku

EASY

		6		9	2	3		
8	5		3		1			
	1	3		4		2		
2	7			1		8		4
	6						7	
1		8		6			2	9
		4		3		7	9	
			7		4		5	8
		7	6	8		4		

HARD

		4				6		
			4		9			
9	2						1	3
		3	6		1	7		
8	7						6	9
		9	7		8	2		
5	1						4	7
			9		5			
		6				1		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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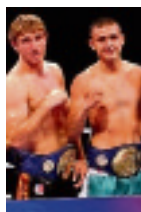
Rob.Virtue
@wharf.co.uk

CROATIAN Filip Hrgovic won the heavyweight crown to round off an explosive night of boxing in the WSB World Championships at the Excel centre on Saturday.

The 20-year-old fighter, who represents Paris United, comfortably held off Ruslan Myrsatayev of Kazakhstan.

"It was tough but I boxed extremely well, this is a victory dedicated to my coach and my team, Paris United," said Hrgovic, who knocked down his opponent – seven years his elder – in the fifth round before winning on points.

In the prelude to this year's Olympic boxing, which will be held at the same venue in the coming weeks, the first of five championship fights saw Azerbaijan's Gairbek Germakhanov win the bantamweight class.



WSB champions fought at Excel

The 27-year-old overcame Elias Emigdio, 20, following a close start.

In the lightweight class, Mexican Juan Romero unleashed a stinging left hook in an electric final round to beat Russian Adlan Abduasidov in a split decision.

The third fight saw Sergiy Derevyanchenko take on Heybullla Mursalov in the middleweight division.

Reigning WSB champion Derevyanchenko for Ukraine beat his showboating Azerbaijan opponent on points in a scintillating battle.

Before the heavyweight battle, 22-year-old Azamat Murtuzaliyev fought Ramazan Magomedau, 26, in the light heavyweight division.

Magomedau won by technical knockout in the third round when Murtuzaliyev was forced to retire from the contest after pulling a muscle in his back.

Home support could help me win a medal

OLYMPICS

Rower has put the agony of missing out on the Beijing Games firmly behind her

Rob.Virtue
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Having the chance to compete at a home Olympics while at the peak of your career is something most athletes can only dream of.

But come next month Wimbledon-born Sophie Hosking will be performing in the lightweight women's sculling race against the world's best at Dorney Lake in Eton.

"It's been a process since I missed out on going to Beijing," said 26-year-old Sophie. "I focused on London and then made the Olympics in the trials."

"I narrowly missed out in Beijing and it made me realise how much I wanted it for 2012. When it was announced in 2005 that the Games would be coming here I thought it would be a great time in my career to have that."

"Not many people get to perform at



Sophie Hosking won a silver medal at the 2007 world championships

an Olympics in their home country at their peak."

The rower has her eye on a medal after racking up a string of podium

finishes since making her breakthrough in the world championships back in 2006.

Lottery funded Sophie, whose father was an international rower, will be competing at the venue west of London during the first week of the Olympics.

As delighted as she is to be competing in the 2012 Games Sophie, a silver medallist at the 2007 World Championships, is unsure whether British athletes will have much of an advantage on the lake.

"When you're racing it's not too different," said Sophie, who began rowing at 14. "It's just another stretch of water."

"I am used to the venue but then so are other nationalities who compete there for championships."

"Where the difference will come from is the support that's behind us. You'll certainly be able to hear a wall of noise."

Following her event Sophie is hoping to visit the Olympic Park in Stratford to catch up with the atmosphere to the east.

"We've visited the stadium before and it does look great," she said. "Rowing's the first week of the Games but then hopefully we'll get over to the stadium for other events. It should be spectacular."

Paralympics

Athlete gives pep talk to pupils

MEDAL-winning Paralympian Tim Prendergast dropped in on George Green's School on the Isle of Dogs to give encouragement to pupils, including those taking part in the closing ceremony of the 2012 Olympics.

The New Zealander will be competing in the 1,500m, hoping to follow on from his success in Athens in 2004. He told pupils about how his sight loss at an early age never deterred him from pursuing athletics.



Rowing

Rowers win gold at youth regatta

GREENWICH savoured some gold medal-winning success at the Thames Water London Youth Games Regatta at the Royal Docks on Saturday.

Jamie Grover, 15, took the senior female slalom title. She said: "It means a lot because I train hard and put a lot of work into it, so to have a good final result is great."

Jack Davidson, 16, who triumphed in the male junior single scull race, said: "It feels pretty good to have won. It was a good race and was fun."

Hear your voice

THE world is coming to east London. Do you want your voice to be heard above the celebrations or want to play a role in capturing the Olympics?

The Wharf is looking for contributors to help cover how east London rises to this once-in-a-lifetime occasion.

You may be a student journalist looking to find an outlet for your reports and interviews or you may be a citizen journalist with a unique perspective on the events of this summer. You may already have a blog that we can bring to the attention of a wider audience.

Drops us a line at jon.massey@wharf.co.uk (with "Wharf Olympics" as the subject) telling us a little bit about yourself and what you think you can offer.

The Wharf

WEEKEND FLUTTER

WITH THE

RACING POST

RACING

■ The Scurry Stakes is a listed contest over five furlongs at Sandown Park on June 16 and the Brian Meehan-trained **Baldesteros** should take all the beating. He has winning course and distance form to his name and the more rain the merrier for him as he relishes testing conditions. Looking further ahead to Royal Ascot, snap up some of the 33-1 on offer about **Margot Did** in the King's Stand Stakes. Michael Bell's filly has been out of sorts lately but has a great record at Ascot and will not be inconvenienced if the rain keeps falling at the track. **Ed Quigley**



Bet on Terry to score in Euro 2012

EURO 2012

■ **John Terry** looks huge value at 9-1 to score at any time in England's Euro 2012 clash with Sweden on Friday. He may have been stripped of the captaincy but he's a solid performer under pressure at club and international level and has proved dangerous in the air time and again. His fellow centre-half **Joleon Lescott** was on target in their opening 1-1 draw with France as England showed they continue to be a threat at set-pieces, while Sweden conceded two headed goals in their opening 2-1 defeat to Ukraine. **Graham Woods**

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

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